

Sentara Health Plans Incentive Program

Don't forget to enroll



Save money and manage your health:

Whether you already manage your condition or need extra help, you can save on healthcare expenses by joining the Sentara Health Plans Incentive Program. All members covered by your plan through Sentara are eligible for this program.



Sentara will waive the medical deductible for the plan year. We'll also waive Tier 1 and Tier 2 copayments on prescription drugs related to your condition.

How to join:

- Visit sentarahealthplans.com/cova to enroll in May (for July 1 effective dates) and in August (for October 1 effective dates).
- After the enrollment period, only employees new to the plan or with a new diagnosis may enroll.
- New employees can receive a medical deductible waiver and waived pharmacy copayments for certain prescriptions.
- If you are newly diagnosed in the middle of the plan year and join the incentive program, you will not receive a waived deductible, but can receive the pharmacy copayment waivers.

You can also request to participate by calling member services at **1-866-846-2682**.



Incentive program requirements:

- Enroll during the enrollment window.
- Have an annual wellness exam with the treating healthcare provider.
- Have at least one visit to a physician for the diagnosed condition of **asthma, chronic obstructive pulmonary disease (COPD), hypertension, or diabetes** (this can include a medication refill).

Begin with a health screening and assessment, which provides individualized plans of care. Don't forget to stay engaged with your case manager!



Members who enroll in this incentive program will receive one-on-one health coaching.

sentarahealthplans.com/cova

Sentara Health Plans is the trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Behavioral Health Services, Inc., and Sentara Health Administration, Inc. This Plan is issued and underwritten by Sentara Health Plans. All health plans have benefit exclusions and limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of coverage, please call member services at 1-866-846-2682, 8 a.m. to 6 p.m., Monday through Friday or visit sentarahealthplans.com/cova.